

NAMBOUR/COOROY

NEWSLETTER

January 2020



Welcome to 2020!

Welcome to 2020,

I hope you all enjoyed the Festive Season and are ready for the New Year! As you know this year, I will be focusing on the 2020 vision, rather than goals.

Definition of vision: *something that you imagine, a picture that you see in your mind, something that you see or dream or want to succeed in!*

My first vision is to make Jazzercise bigger and better, starting with a bigger newsletter! I hope you enjoy the additional information.

My second vision is to see you all happy and healthy on the Jazzercise Dance floor weekly!

Have a great 2020 and enjoy life!

Quote of the Month!

"All our dreams can come true if we have the courage to pursue them."

"Walt Disney"

Whats Happening in 2020!

- 150 Club
- Coffee mornings
- Challenges—Feb, June, Dec
- MS Fundraiser—March
- Boot Camps: March, June & Sept
- Womens Expo—July
- Cancer Fundraiser—October
- Exclusive Shopping nights
- Sydney Jazzercise Event—May

Fitness day ON THE BAY
Saturday, May 16th 2020

Please join us in Sydney as we celebrate 40 years of fitness, friendship & fun with Jazzercise in Australia.

Earlybird Special \$135
(before 31st January 2020, otherwise \$160)

Full price of event \$160 after 31st January

Date: Saturday, May 16th 2020
Time: 9.00am - 2.00pm
Place: Kirribilli Club
11 Harbourview Crescent
Lavender Bay NSW 2060

GUEST INSTRUCTORS
Luca Zoppelletto and Raffaele Bonora

Who's Excited?! 2020 is going to be an amazing Year!





Recipe of the Month

Healthy Blueberry Muffins— 196 calories



1 ¾ cups	regular whole wheat flour (or plus 1 teaspoon white whole wheat flour)
1 teaspoon	baking powder
½ teaspoon	baking soda
½ teaspoon	fine sea salt
¼ teaspoon	ground cinnamon (optional)
½ cup	extra-virgin olive oil (or melted coconut oil)
½ cup	maple syrup (or honey)
2	eggs (preferably at room temperature)
1 cup	plain Greek yogurt
2 teaspoons	vanilla extract
1 cup	blueberries (fresh or frozen)
1 tablespoon	turbinado sugar (also called raw sugar, for sprinkling on top)

Leanne Instructor BLOG!

A brand-new decade SO let's get real, who needs New Year's resolution when you can create healthier habits that last a life time. This year, instead of setting hard- to - keep resolutions, lets focus on a 2020 Vision for yourself!!
Make the best decision for your 2020 vision!!!

1. Put YOU First: number one tip is to always put YOU on top of your list. Set visions but don't be afraid to have time out along the way. Most of all, don't be afraid to say "NO" to someone else, in order to say "YES" to you.

2. Reframe Your Goals: Is health your ultimate Vision? Make "eating healthier" your desired outcome. Are you wanting to love your body again? Make "gain self-confidence" your goal. Sometimes getting down to the heart of what we really want will help make the path clearer.

3. Set Yourself up for Success: The hardest part of any vision is getting started, so set yourself up for success before you even start!

4. Do What You Love: Whether you want to eat healthier, workout more often or take more time for yourself, accomplishing your Vision is so much easier (and more fun!) if it involves doing what you love.

5. Get an Accountability Buddy: Friends and family is so important when working towards your vision. Finding a support system or a friend who has similar objectives will help keep you accountable.

6. Celebrate What Your Body Can Do: Let's celebrate what our bodies can do instead by caring for it the best we can and moving it every chance we get.

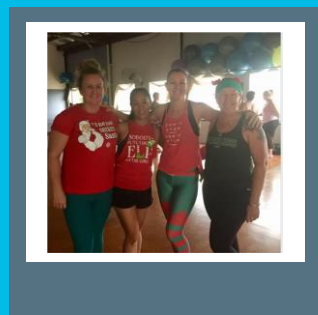
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December Customers of the month!
Katherine Claydon & Sharyn Vidler
Well done Ladies

Happy Birthday for January

1st- Kelly Farrelly & Therese Schmidt, 3rd-Kyrstal Lister 6th Mel Spencer, 7th Marisa Low, 11th Nicole Manning & Jess Hornerman, 13th Kim Jordan, 14th Robyn Towne, 19th Leanne Betts, 25th Amanda Dickson, 29th Selin Lin, 30th Lisa Ardrey.

OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOUR) IN YOUR JAZZY SELFIES-WE LOVE SEEING YOUR SMILES IN CLASS!



Resilience

Everyone faces challenges in life, whether they are big, small or annoying. The term “resilience” has become a buzzword, with a big focus on creating hardy children. But it’s just as important for adults the ability to deal with challenges and keep going is something we all need to hone, no matter our age.

Natural resilience: Some of us can wait patiently in a queue, while others feel antsy and irritated by it. Not getting that dream job or a break-up can leave some people incapacitated, while others can process the emotions and pick themselves back up.

“Resilience is the real goal: have it and you’ve basically won the mental lottery.”

One foot in front of the other: Moving past the crappy things can be helped by literally moving forward, as we know exercise can have a positive impact on our mood. A daily Exercise session can help keep it together.

Hacking your experience: Resilience can be developed, which is a relief because it means that if you weren’t a particularly resilient child, you can still improve this skill as an adult. Think of it as a muscle that needs a workout. The problem is most of us don’t think about resilience until something tests our mettle.

Something you can do right now is identify healthy habits and tools that can help you cope with the not-so-great parts of life. Maybe it’s volunteering to help others or picking up a hobby that keeps your hands busy, such as painting or gardening.

You can surround yourself with positive people and even tweak the way you speak about things to get a more rounded perspective!

Etiquette at the Studio!

Despite being perfectly polite, considerate and tidy at work, sometimes – amid the music, the sea of barbells, the rush to get a workout done – our standards of behaviour can slip at the studio. Here’s a reminder on what matters while you’re working out, to make the studio a place you want to go and to ensure it’s safe, appealing and well-maintained for everyone else you share it with, staff included.

On the Dance Floor!

Arrive on time.....

First and foremost, this is a safety matter. Especially if you’re new or there’s an injury or condition, your instructor should know about, it’s important to let them know a few minutes before class so they can provide advice and modifications as needed. It also means the class isn’t disrupted once it begins.

But if you’re late...

If you’re a regular to the class and work, traffic or an emergency has resulted in you arriving five minutes late, walk in quietly. Set yourself up towards the back of the room where you’re not drawing attention from the instructor as they’re conducting the class.

Turn off your phone.....

If you can commit to an hour class, you also need to commit to an hour of phone-free living. For the benefit of yourself, the instructor and the rest of the class, put your phone on silent or turn it off altogether maybe hide it in your bag!

But if you need it for an emergency please let the instructor know! It’s okay emergencies happen!

Jazzercise Sunshine Coast Fitness

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